As obesity rates continue to decrease our quality of life and raise health care costs, a national campaign is now ongoing to address the concern of the obesity epidemic. The Weight of the Nation HBO series, a four part video series, contains a panel of health experts who explain the possible causes of obesity and strategies to decrease America’s weight problem. It is available for public viewing with the hope to educate and build awareness. Interested in watching this series? Log onto: theweightofthenation.hbo.com

The CDC reports more than one-third of United States adults are obese. Kentucky was cited as one of the top 12 states, (along with Alabama, Arkansas, Indiana, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Texas, and West Virginia), that had an obesity rate of 30% or more. The HBO series promotes community action at all levels - from individual action to state level, to a national level as a whole. In hopes of motivating our nation to get involved in halting the alarming rate of obesity.
By building this awareness, we must realize there may be a need for political action in our community. The series addresses the problem of fresh produce availability and cost concerns for these products. Apparently, farmers make higher profits by raising large quantities of corn and wheat. So processed foods become cheaper and are more available to the public. Not surprisingly, the obesity rate in preschool children is known to be higher among low income families.

The consequences of being overweight can increase the risk of:

- **Coronary Heart Disease**
- **Type 2 diabetes**
- **Cancers (endometrial, breast, and colon)**
- **Hypertension (high blood pressure)**
- **High Total Blood Cholesterol**
- **Stroke**
- **Liver and Gallbladder disease**
- **Sleep apnea and respiratory problems**
- **Joint pain**
- **Infertility**

According to the Weight of the Nation series, we may be the first generation to out live our children due to obesity, resulting from health issues.

Despite this recent report of Kentucky’s obesity rates, there still is hope for the future. It will be up to the individual to take action. We can’t expect the community to take all the blame. We have to make healthy choices and change our behavior.

- **Turn off the Television**
- **Walk everyday**
- **Eat together at home more often**

It comes down to an individual decision. “I am not going to eat donuts for breakfast this morning”. Make a choice, it is up to you.

Resources:
- [http://theweightofthenation.hbo.com](http://theweightofthenation.hbo.com)
- [http://www.cdc.gov/obesity/data/adult.html](http://www.cdc.gov/obesity/data/adult.html)
- [http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm](http://www.cdc.gov/healthyyouth/physicalactivity/facts.htm)
Diabetes App Reviews

Reprinted from: The Academy Nutrition and Dietetics eatright.org

Marisa Moore, MBA, RD, LD, reviews the 10 top-rated free iPhone apps for managing diabetes.

**Bant** Designed to easily capture blood glucose readings and supply trend data for up to 90 days. RD rating: 4 stars

**Blood Sugar Tracker** Allows user to easily log blood sugar levels, set target blood glucose ranges, and view history and simple graphs to quickly identify numbers that are out of range. RD Rating: 5 stars

**Carb Master Free** Tracks carbohydrate intake plus total calories, fat, sugar, protein and fiber for the day. This app targets people with diabetes or those on a low-carb diet. RD Rating: 2 stars

**Diabetes Buddy Lite** Tracks factors that influence blood glucose levels: daily carb intake, glucose measures, medication, food and water intake. RD Rating: 2 stars

**Diabetes Companion** Includes complete nutrition facts for common foods, tons of recipes, informative videos, Q&A for common diabetes related issues and blood glucose tracking tools. RD Rating: 4 stars

**Diabetes Log** Allows user to easily track glucose readings, carbohydrate intake and insulin dosage by date. RD Rating: 2 stars

**GluCoMo** Allows user to track blood sugar levels, insulin intake and other health components like blood pressure and weight, activity and pulse. RD Rating: 4 stars

**Glucose Buddy** Users can manually enter blood glucose numbers, carbohydrate intake, insulin dosage and activities. RD Rating: 4 stars

**Vree for Diabetes** Includes blood glucose tracking, nutrition tracking, activity tracking, medication tracking, progress charts and blood pressure tracking. RD Rating: 5 stars

**WaveSense Diabetes Manager** Tracks blood glucose results, carb intake and insulin doses. Features include a logbook, trend chart, email reports, color-coded results, video content and customizable target ranges for hypo-/hyperglycemia limits and mealtime schedules. RD Rating: 4 stars

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**Diabetes Class Information**

**HealthPark (OMHS)**
Owensboro, KY
*Diabetes Education Department*
Call for an appointment.
270-688-4804

**Ohio County Hospital**
Call for an appointment.
Brenda Freels 270-298-5426
Physician referral required.

**Methodist Hospital — Henderson**
Every Tues / Weds / Thurs 1:00-3:00 pm
Alternating Tues / Weds 5:30-8:30 pm
Must call for an assessment prior to class.
Call Diabetes Education Department
270-827-7114

**Union County Methodist Hospital**
Classes: 3rd Wednesday Monthly 8:30-11:30 am
Must call for an assessment prior to class.
*Methodist Hospital (Henderson)* 270-827-7114
Kid’s Korner

### Hypo Word Find

```plaintext
E I N S U L I N A E
T S D H H G P M C I
A E C A N M S E S T
R N A R U R S P Q Y
D O F P L O I T R P
Y T E S C R W J D E
H E K U T L H Y P O
O K L N X F D E N
B G L U B T V G N E
R J P A N C R E A S
A F O R E T E M P D
C B S I C K D A Y S
```

**Words to Find**

- Insulin
- Type one
- Pancreas
- Glucose
- Pen
- Pump
- Meter
- BGL
- Strips
- Sharps
- Carbohydrate
- Hypo
- Ketones
- Sick days
- ID

### Low Blood Sugar: Definition, Symptoms

Low blood sugar (hypoglycemia) is the most common and most dangerous condition for many people with type 1 diabetes (T1D). Very low blood sugar may lead to insulin shock, which can be life threatening if not promptly treated. Low blood sugar occurs when the body has too little food / glucose or too much insulin.

The following are all potential reasons that a person with diabetes might have low blood sugar:

- Too much insulin taken
- Eating less than usual
- Eating later than usual
- Insulin was injected at a site on the body where the absorption rate is faster than usual
- Injecting extra insulin after forgetting about a previous dose
- More exercise than normal
- Illness or injury
- Other hormones
- Medication interaction

The following is a list of general symptoms that indicate low blood sugar (the person with type 1 diabetes may exhibit one or more of these):

- Dizziness
- Nervousness
- Personality change/irrational behavior
- Blurry vision
- Shakiness
- Nausea
- Crying
- Sluggishness
- Sweating
- Poor coordination
- Hunger
- Lightheadedness
- Irritability
- Drowsiness
- Erratic response to questions
- Inability to concentrate

Severe symptoms (symptoms as listed above, plus):

- Convulsions
- Unconsciousness


### Rule of 15

Treating for hypoglycemia (low blood glucose) is usually recommended when a person’s blood glucose level is 70 mg/dl or less. The “rule of 15” is commonly used as a guideline for treatment: After checking your blood glucose level with your meter and seeing that your level is under 70 mg/dl, consume 15 grams of carbohydrate, wait about 15 minutes, then recheck your blood glucose level. If your blood glucose is still low, consume another 15 grams of carbohydrate and recheck 15 minutes later. Since blood glucose levels may begin to drop again about 40–60 minutes after treatment, it is a good idea to recheck your blood glucose approximately one hour after treating a low.

Although the “rule of 15” is an accepted method for treating hypoglycemia, it should not replace the advice of your diabetes care team.

The following items contain 15 grams of carbohydrate:

- 3–4 glucose tablets
- 1 dose of glucose gel (in most cases, 1 small tube is one dose)
- 1/2 cup of orange juice or regular soda (not sugar-free)
- 1 tablespoon of sugar or 5 small sugar cubes
- 6–8 LifeSavers
- 8 ounces of skim (nonfat) milk
Day Camp for Kid’s with Diabetes

**DIABETES ADVENTURE CAMP**

Saturday, June 1, 2013
9:00 AM - 4:00 PM
For Children with Diabetes ages 5 - 15 years old
and their parents/guardians

St. Margaret Chapel
685 Watson Lane
Henderson, KY

For more information call 270-852-5426

**Sponsored by:**
Henderson County Diabetes Coalition, Inc.

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**Area Camps for Kid’s with Diabetes**

**Kentucky Camp**

*Kentucky Diabetes Camp for Children, Inc. Presents*

**CAMP HENDON**
at Camp Loucon in Leitchfield, KY.

- **June 30-July 5, 2013** Ages: 8-17
- **Approximate Cost:** $400
- **Contact:** Bryan Fallon
Kentucky Diabetes Camp for Children, Inc.
Email: bfallon@camphendon.com
Phone: (502) 817-6286
1-800-DIABETES
(1-800-342-2383)

www.CampHendon.com

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**Indiana Camp**

**CAMP JOHN WARVEL**
at Camp YMCA (near North Webster in Kosciusko County, IN)
ADA Indiana Area Affiliate

- **June 9-15, 2013** Ages 7-15
  - (Type 1 or 2 Diabetes)
- **Total Cost:** $500
  - Cost includes a non-refundable deposit of $50. Financial assistance is available.
- **Contact:** Carol Dixon
cdixon@diabetes.org
(317) 352-9226 Ext. 6732
1-800-DIABETES
(1-800-342-2383)


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**Tennessee Camp**

**CAMP SUGAR FALLS**
(Day Camp) at Camp Widjiwagan in Antioch, TN
ADA Affiliate Tennessee Area

- **July 1-5, 2013** Ages: 6-12
  - Time: 8:00 AM – 4 PM
- **Total Cost:** $100
  - Cost includes a non-refundable deposit of $25. Financial assistance is available.
- **Contact:** Savitri Matthews
smatthews@diabetes.org
(615) 298-3066 ext. 3328
1-800-DIABETES
(1-800-342-2383)


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**Kentucky Diabetes Camp for Children, Inc.**
685 Watson Lane
Henderson, KY
After my recent heart attack, it got harder to keep my diabetes under control. No matter how hard I try, I'm always struggling with my sugar levels these days. Checking them at every meal and at bedtime is a job, but it keeps me healthy and alive. So many people I know have died from diabetes, in part because they failed to do the daily maintenance that came with controlling their condition.

When I was told that I have coronary artery disease (CAD), I was baffled. After all, I am only 36, and CAD is a condition of the elderly, or so I thought. The heart specialist, however, let me know that anyone may be susceptible to the condition. Coronary artery disease is caused by a buildup of plaque in the arteries of the heart. Uncontrolled blood sugar levels increase the risk of heart attack because the sugar in the blood damages blood vessels throughout the body, including the heart.

Reducing the amount of meat you eat and replacing it with other proteins, like peanuts, kelp, nori, hummus, and black beans, will reduce your chances of plaque buildup. If you have diabetes, it's a good idea to get a physical every six months because your risk of heart disease is increased. Remember to get your lab results every three months so that if there is a problem, it can be detected early. And ask questions when you go to the doctor. Many of us are embarrassed, forget, or simply don't think to ask.

It's true that those with diabetes are more likely to have problems with hypertension, but did you know that prolonged uncontrolled hypertension increases your chances of developing diabetes by 50 percent? Uncontrolled hypertension not only makes your heart work much harder, but it can also harden the arteries over time. Extreme hypertension can cause stroke, an irregular heartbeat, and heart attack.

I struggle every day to keep my blood pressure and blood sugar at an acceptable level. Eating a proper diet and exercising regularly is a life-saving necessity. To reduce my risk of complications, I've learned to reduce my sodium intake, limit daily stress, check my blood pressure regularly, and get at least 30 minutes of exercise three to four times a week. I've also learned the symptoms of elevated blood pressure, such as headache, pain in the eyes, feeling faint, vision problems, and irregular heartbeat.

Although maintaining all my conditions is a challenge, doing it each and every day helps me stay as healthy as possible for my family and myself. I have my ups and downs like everyone, but ensuring that I'm around to meet my grandchildren is important to me. Seeing the smiles of my children each morning gets me up and going. We must take care of our health no matter how complex it seems. Remembering that our conditions can be managed gives us hope of a long healthy life.
Learning To Cook With Carbohydrates: Keep It Simple And Fun!

Submitted By: Amy Young, Dietetic Student

Eating a well balanced, nutritious diet can play a huge role in the management of diabetes. If you have been diagnosed with diabetes, you might be wondering how to cook healthy meals at home. It may surprise you to learn that a diabetic diet is the same diet recommended for the average healthy person. The U.S. Department of Agriculture (USDA) recommends Americans consume a mixture of nutrient-dense foods from all of the food groups – fruits, vegetables, proteins, grains, and dairy1. The American Diabetes Association (ADA) suggests a similar, steady diet full of a variety of foods from all the food groups2.

Where should you start when it comes to cooking at home? Most sources suggest about 45-65% of your total energy intake come from carbohydrate-rich foods, with the rest of your diet being made up of protein and fat3. It is key to know the amount of carbohydrates in foods, so you can plan healthy, balanced, and safe meals.

Here are some helpful tips for menu planning and cooking.

1. Know your No/Low Carb foods.

Start with the foods low in or void of carbohydrates. Foods with little carbs can be easily served at each meal and provide a good source of protein and other vital nutrients.

- **Meat, Poultry, (lean cuts of pork, beef, and chicken) and Seafood** (salmon, cod, tuna)
- **Non-starchy vegetables** (broccoli, kale, red pepper, carrots)
  - *Non-starchy vegetables typically have 5g or less of carbohydrates per serving.*
- **Raw Nuts and Seeds** (almonds, flaxseed, pecans)

It is best to limit saturated fat, trans fat, and sodium when selecting meat, poultry, and seafood. A diet low in saturated fat can aid in weight loss and increase the action of insulin, while a diet low in sodium can help to manage blood pressure. Good sources of fat like fish, nuts, and olive oil can help to keep the heart healthy.

2. Pick fiber-rich whole grains, legumes, and fruits, and low-fat dairy products to add good sources of carbohydrates to your meals.

- **Whole Grains** (whole wheat bread, rolled oats, quinoa)
- **Fruit** (berries, apples, mangoes)
- **Dairy** (low-fat milk and cheese, unsweetened yogurt)
- **Beans/legumes** (black beans, split peas, lentils)

Your body needs carbohydrates to make fuel for your brain, muscles, and other organs in order to function properly. You do not want to avoid foods with carbohydrates, but there are certain carbohydrate foods that are better to choose than others. Try to add multiple servings of carbohydrates from the listed choices to your meals and snacks each day.

3. Add flavor at no cost to your blood sugar.

- **Vinegar-Based Sauces and Dressings** (mustard, red wine vinegar)
- **Low-Sodium Broths** (chicken or beef broth)
- **Fresh or Dried Herbs** (parsley, basil) and **Spices** (curry, nutmeg, garlic)
- **Flavoring Extracts** (vanilla or almond extract)
- **Some Vegetable Oils** (olive and grape seed oil)

A diabetic diet may seem complex at first glance, but you can keep it simple and fun by planning ahead and making smart choices without skimping on flavor. Cooking at home allows you to have control over the foods you eat, meaning better control of your blood glucose. It is the small, daily choices that make a big impact on your health over time. Try cooking wholesome meals that include all the food groups while keeping an eye on the amount of total carbohydrates and feel good about the impact you are making on your health.

Works Cited:
1. http://www.choosemyplate.gov/food-groups/
The JDRF Walk to Cure Diabetes is a fun, happy, healthy, and effective way to show your support for all those living with type 1 diabetes (T1D) and to raise funds for JDRF—the leading global organization focused on T1D research.

Type 1 diabetes is an autoimmune disease in which a person’s pancreas loses the ability to produce insulin—a hormone essential to digestion. More than 15,000 children and 15,000 adults in the United States receive a diagnosis each year. That’s why JDRF holds more than 200 Walks nationally every year that connect walkers to an extensive community of families, volunteers, and donors who are committed to fighting this serious disease.

The JDRF Walk to Cure Diabetes has raised $1 billion to date. Your generosity helps us continue to accelerate progress in T1D research and keep people with T1D healthy while we work towards a cure.

Thank you for your support of the JDRF Walk!

Date: May 18, 2013
Location: Holiday World & Splashin’ Safari
452 Christmas Blvd
Santa Claus, IN

Contact:
Ashley Craig
acraig@jdrf.org
(317) 308-4928

Registration Start Time: 9:00 AM
Walk Start Time: 10:30 AM
Length of Walk: 1 mile

Patient Assistance Programs

DID YOU KNOW?
The Daviess County Diabetes Coalition and the Henderson County Diabetes Coalition both have patient assistance programs. The services include prescription assistance and assistance in applying for PhRMA programs.

For assistance or more information contact:
Daviess County
Sheila Horn
270-852-2927

Henderson County
Kim Majors
270-631-0635
Diabetes can affect every part of the body, including the skin. As many as one third of people with diabetes will have a skin disorder caused or affected by diabetes at some time in their lives. In fact, such problems are sometimes the first sign that a person has diabetes. Luckily, most skin conditions can be prevented or easily treated if caught early.

There are several things you can do to head off skin problems:
Keep your diabetes well managed. People with high glucose levels tend to have dry skin and less ability to fend off harmful bacteria. Both conditions increase the risk of infection.

- Keep skin clean and dry. Use talcum powder in areas where skin touches skin, such as armpits and groin.
- Avoid very hot baths and showers. If your skin is dry, don't use bubble baths. Moisturizing soaps may help. Afterward, use a standard skin lotion, but don't put lotions between toes. The extra moisture there can encourage fungus to grow.
- Prevent dry skin. Scratching dry or itchy skin can open it up and allow infection to set in. Moisturize your skin to prevent chapping, especially in cold or windy weather.
- Treat cuts right away. Wash minor cuts with soap and water. Do not use Mercurochrome antiseptic, alcohol, or iodine to clean skin because they are too harsh. Only use an antibiotic cream or ointment if your doctor says it's okay. Cover minor cuts with sterile gauze. See a doctor right away if you get a major cut, burn, or infection.
- During cold, dry months, keep your home more humid. Bathe less during this weather, if possible.
- Use mild shampoos. Do not use feminine hygiene sprays.
- See a dermatologist (skin doctor) about skin problems if you are not able to solve them yourself.
- Take good care of your feet. Check them every day for sores and cuts. Wear broad, flat shoes that fit well. Check your shoes for foreign objects before putting them on.

Don’t know which little packet to choose? Here’s a quick primer on the big three—plus the newcomers stevia and agave nectar. All of them are approved by the Food and Drug Administration, but they do vary in flavor and uses, so you may find you need to do a taste test of your own.

**Saccharin**
**Brands:** Sweet’N Low and Sweet Twin
**Sweetness:** 200 to 700 times sweeter than sugar
**Taste:** Some people report a bitter aftertaste.

**Safety:** First produced in 1879, saccharin is the oldest of the artificial sweeteners. In 1970, a study in rats found that the sugar substitute was associated with bladder tumor growth, resulting in an eat-at-your-own-risk warning on the pink package. Years later, however, the warning was revoked as more than 30 human studies reported no saccharin-tumor connection.

**How to cook with it:** The Sweet’N Low brand sells packets as well as a bulk version for baking, a liquid formula, and a brown sugar blend. When baking, replace 1 cup of sugar with 24 packets, 2 tablespoons of saccharin liquid, or 1 cup of brown sugar saccharin.

**Aspartame**
**Brands:** Equal, NutraSweet, Natra Taste
**Sweetness:** 180 to 200 times sweeter than sugar
**Taste:** There’s no aftertaste associated with aspartame, though some say it has an unnatural flavor.

**Safety:** Search the Web for aspartame’s side effects and you’ll find stories about its purported link to cancer, dementia, headaches, and depression. Most scientists (as well as the American Diabetes Association) maintain that the powder is a safe alternative to sugar for people with diabetes. One caveat: Aspartame contains phenylalanine, which can be harmful to people with the rare disease phenylketonuria and should be avoided by them.

**Sucralose**
**Brand:** Splenda
**Sweetness:** 600 times sweeter than sugar
**Taste:** Though some sugar purists say an aftertaste lingers, most sweetener fans maintain Splenda is the most natural tasting of all.

**Safety:** Since Splenda is the newest artificial sweetener to hit the market, there are fewer long-term studies of it than of saccharin and aspartame. That said, the FDA says that Splenda is safe.

**How to cook with it:** Splenda sells various baking products, including a granular version that measures cup for cup with sugar. If you use the half sugar blend or half brown sugar blend, replace a cup of sugar with a half cup of the blend.

**Stevia**
**Brands:** Truvia, PureVia, SweetLeaf, Stevia in the Raw, Sun Crystals sugar-stevia blend
**Sweetness:** 250 to 300 times sweeter than sugar
**Taste:** Some people say the sweetener derived from the whole leaf of the stevia plant leaves behind a licorice taste. Brands that use a purified portion of the leaf known as rebaudioside A have less of an aftertaste.

**Safety:** Stevia has been used as a sweetener in Japan for years, but the FDA had previously banned its use because of reports of reproductive problems in lab animals. In late 2008, the FDA approved the purified part of the stevia leaf for American consumption. Look for that form—rebaudioside A—in the list of ingredients when purchasing stevia.

**How to cook with it:** Each stevia brand recommends its own sugar-to-stevia ratio (so check your brand’s Web site), and some brands sell the sweetener in liquid or bulk form. A good start is to replace a cup of sugar with 24 packets of stevia.
Colorful Vegetable Casserole

Number of Servings: 10-12

Ingredients

<table>
<thead>
<tr>
<th>Name</th>
<th>Measure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frozen Italian Mix Vegetables (16 oz.)</td>
<td>1 Pkg</td>
</tr>
<tr>
<td>Green Pepper (cut into strips)</td>
<td>1</td>
</tr>
<tr>
<td>Baby Carrots (halved)</td>
<td>1 lb.</td>
</tr>
<tr>
<td>Zucchini (unpeeled, cut 1/2 inch slices)</td>
<td>1</td>
</tr>
<tr>
<td>Tomatoes (quartered)</td>
<td></td>
</tr>
<tr>
<td>Celery (sliced)</td>
<td>1 Cup</td>
</tr>
<tr>
<td>Butter or Margarine</td>
<td>2 Tbls.</td>
</tr>
<tr>
<td>Onion (chopped)</td>
<td>1 1/2 Cups</td>
</tr>
<tr>
<td>Garlic (minced)</td>
<td>2 Cloves</td>
</tr>
<tr>
<td>Chicken Broth Granules (instant)</td>
<td>2 tsp.</td>
</tr>
<tr>
<td>Cooking Wine</td>
<td>2 Tbls.</td>
</tr>
<tr>
<td>Salt</td>
<td>1/2 tsp.</td>
</tr>
<tr>
<td>Pepper</td>
<td>1/2 tsp.</td>
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</tbody>
</table>

Preparation Instructions

1. Preheat oven to 325° F. Spray a 3-quart casserole or Dutch oven with cooking spray. Spread frozen vegetables in an even layer in the casserole. Follow with layers of green pepper strips, baby carrots, zucchini slices, tomatoes pieces, and celery. Melt margarine in skillet. Add onion and garlic, sautéing until tender. Stir in broth granules, wine, salt, and pepper. Pour skillet mixture over vegetables. Cover casserole and bake for approximately 1 hour until vegetables are crisp-tender.

Nutrition Information

<table>
<thead>
<tr>
<th>Amount per serving</th>
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<tbody>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Fiber</td>
</tr>
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</table>

Exchanges per serving: 2 vegetable, 1/2 fat
Carbohydrate Choices: 1

This recipe is provided by www.diabetesselfmanagement.com

Size Up Your Sweetener Options (Cont.)

Agave Nectar

Brands: Wholesome Sweeteners, Madhava, and Volcanic Nectar, among others

Sweetness: Somewhat sweeter than sugar, so use between a quarter and an eighth less agave nectar than if you were cooking with regular sugar.

Taste: The lighter, golden version tastes syrupy while the darker, amber variety has a more intense honey flavor.

Safety: Agave nectar isn’t carbohydrate or calorie free—it has the same amount of calories and carbs as sugar. But since it’s a food with a low glycemic index, the syrup won’t raise your blood glucose levels as much as sugar or honey do. Plus, it’s sweeter than sugar, so you’ll use less.

How to cook with it: Sweetening with agave nectar is simple if you’re swirling it into coffee. Things get more complicated when you start baking with the syrup. To adjust a recipe, replace each cup of sugar with two-thirds to three-quarters cup of agave nectar, then reduce all other liquids in the recipe by a quarter. Lower your oven temperature by 25 degrees to prevent burning, and shorten the cooking time on cookies by 3 to 5 minutes and cakes by 7 to 10 minutes.
Support Your Local Diabetes Coalitions

The Daviess & Henderson County Diabetes Coalitions help bring you this newsletter. The coalitions exist solely on donations.

If you would like to send a donation, make your check payable to either the Daviess County Diabetes Coalition (DCDC) or the Henderson County Diabetes Coalition (HCDC) and mail to PO Box 309 — Owensboro, KY 42302-0309.

If you would like to give of your time and talents please contact Nancy Wilson at 270-852-5426, nancy.wilson@grdhd.org.